



Foods Rich in Calcium

You need three servings each day of foods rich in calcium. All milk foods are high in calcium.

If you can't drink milk or eat yogurt, try 5 ounces of cheese every day. If you do not like cheeses and other milk foods, or can't digest milk foods, choose three servings of non-milk foods with plenty of calcium. You may also need more vitamin D.

Milk and Milk Foods

Each serving of dairy food has about as much calcium as 1 cup of milk.

- 8 oz. yogurt, buttermilk, cultured milk
- 1 cup pudding or custard
- 1½ cups frozen yogurt or ice cream
- 1½ oz. cheese or 2 oz. processed cheese
- 2½ cups cottage cheese



You can also choose these non-milk foods that are rich in calcium. Each serving size has about as much calcium as 1 cup of milk. It is best to eat many sources of high-calcium food a day.

- Calcium-fortified cereal (one serving)
- 8 oz. tofu or tempeh with calcium sulfate (a WIC food)
- 8 oz. fortified soy or rice milk (a WIC food)
- 1 cup fortified orange juice (a WIC food)
- 3 oz. sardines with bones
- 5 oz. salmon with bones (a WIC food)
- 2 tbsp. blackstrap molasses
- 1½ cups spinach and turnip greens
- 10 dried figs
- ¾ cup collard greens
- 3 cups okra
- 3¼ cups mustard greens, kale, or broccoli
- 7 medium corn tortillas made with lime or calcium carbonate
- 3 cups baked beans or peas (a WIC food)
- 4 oz. almonds
- 2 cups bok choy